ZOMBIE LOVE
WORLD'S FIRST 'ROM-ZOM-COM' DEBUTS THIS WEEKEND {page 7}

HUSKY, NOT FAT?
MAYBE IT'S TIME WE USED THE F-WORD WITH OUR KIDS {page 9}

CAT CALL
EMD WORKERS VOW TO FIGHT ON {page 2}

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News worth sharing.

ROB CARR/GETTY IMAGES

Another Gigantic win

- Late-game rally pushes New York Giants to 21-17 victory over New England Patriots in Super Bowl XLVI
- Eli Manning earns his second Super Bowl MVP award, guiding team 88 yards to the decisive TD {page 13}

▶ Eli's da Manning: Quarterback Eli Manning of the New York Giants hoists the Vince Lombardi Trophy on Sunday after the Giants won their fourth Super Bowl. The team beat the New England Patriots 21-17 in a closely fought battle.

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1 news

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All eyes. On Bowden

▶ DeAnthony Bowden of the London Lightning goes up for a basket during a National Basketball League of Canada game between the London Lightning and the Oshawa Power.

MARK SPOWART/FOR METRO

Lightning win in overtime

London won 129-117 in overtime at the John Labatt Centre on Sunday afternoon. London's Gabe Freeman, a leading MVP candidate, rolled his ankle and is listed as day-to-day.

Caterpillar fight not over: Union

Now jobless, Electro-Motive Diesel workers have become the face of bad labour practices, poor government policy: NDP critic ◐ Many workers still 'in shock' about plant closing: Rep

ANGELA MULLINS
@METRONEWS.CA

The labour dispute at London's Electro-Motive Diesel may be over, but the fight against parent company Caterpillar — and the Harper government — isn't expected to end any time soon, supporters said.

If anything, the locomotive plant's Friday closure may have added fuel to the raging fire of those who remain critical of corporate-worker relations.

"I honestly believe this fight is long from over. Everyone has to get involved in this and do something," said Bob Scott, a 23-year Electro-Motive employee and chairman of the Canadian Auto Workers' unit at the factory. "This plant, obviously you can't save now, but there's always the next one."

The rising tide against Caterpillar could become even more heated this week as the union and company hash out terms of a severance package. Given the 34-day lockout that started after workers refused a wage-slashing contract, Scott doesn't know what to expect.

"This has become a poster child and everyone's going to be watching what comes out of this facility."

Within hours of an announcement about the plant's closure, the community rallied behind displaced workers. A London-area Mark's Work Warehouse yanked Caterpillar-brand work boots off shelves and the Argyle Business Improvement Association began urging members to offer discounted services to displaced workers.

Farther away, Ottawa Centre MP Paul Dewar of the NDP organized a Saturday benefit concert in Sudbury, collecting $2,500 for the workers. He's also at the forefront of a campaign that's sent more than 1,000 emails to Prime Minister Stephen Harper.

Dewar and his supporters want Harper to "stand up for" Electro-Motive employees after the federal government used the London plant as a backdrop for a 2008 announcement about corporate tax breaks. Caterpillar received $5 million in government handouts without long-term job commitments, according to government critics.

Out of work

- **450:** Estimated number of Canadian Auto Workers at the former Electro-Motive Diesel plant on Oxford Street East.
- **250:** Estimated number of non-union employees who lost jobs in the closure.

Source: Union officials

For those who are not code geeks ...

London's tbk Creative has launched a countrywide $25,000 charity challenge. Charities are encouraged to explain why their cause deserves a $25,000 professional web makeover.

Ten finalists will be chosen Feb. 29, and the public will be able to vote for their favourite. The winner will be announced April 2. Visit tbk Creative's Facebook page for info. METRO

Correction to weekend edition

Tim Ellis of the London Lightning was misidentified in a photo in Metro's Feb. 3-5 weekend edition. Metro regrets the error.

Boler Mountain celebrates new run

Boler Mountain's $4-million West Hill expansion is now open. The hill was originally set to open Dec. 31 but the opening was pushed back due to poor conditions.

The new 67-metre slope has been in the works for 20 years, but much of the final push to get it completed came over the last 12 months, Boler Mountain management said.

METRO

NEW BMX PARK EYED

2 parks on committee agendas

City councillors will field requests Monday to develop a BMX park and rehabilitate the Victoria Park band shell.

Administrators are expected to pitch the BMX park idea to members of the planning and environment committee. Such a park would help offset the damage and cleanup costs associated with "rogue" tracks being established within city parks and other environmentally significant areas, according to a report from city staff.

The city parks department and the Upper Thames River Conservation Authority spend a combined $30,000 annually to remediate unauthorized BMX facilities, the report says.

Members of city council's finance and administration meeting will consider the band-shell upgrades. Administrators are recommending that low bidder SDI Builders be paid $223,900 for work including bathroom improvements and window replacement.

ANGELA MULLINS

Knights beat Majors

Vladislav Namestnikov scored once and set up two more as the London Knights defeated the visiting Mississauga St. Michael's Majors 5-2 on Saturday in Ontario Hockey League action.

15 Number of saves Michael Houser made for the Knights.

Austin Watson had two goals for the Knights (39-11-1) while Bo Horvat and Andreas Athanasiou scored a goal apiece.

Brett Foy and Jamie Wise each scored for the Majors (22-23-6), who have now dropped three straight contests, while Mika Partanen assisted on both.

THE CANADIAN PRESS

Cancer walk raises more than $10K

The Ovarian Cancer Canada Walk of Hope on Sept. 11 brought in $10,483 for Ovarian Cancer Canada. You can register online at ovariancancerwalkofhope.ca for this year's event Sept. 9 at Greenway Park.

METRO

Pharmacy robbed in west end

London police are searching for two suspects after a pharmacy was robbed around 5:30 p.m. Friday at Commissioners Road West and Viscount Road. If anyone has any information, call police at 519-661-5670.

AM980/AM980.CA

Power of the pigskin

ANGELA MULLINS/METRO

▶ Ashley Taylor, 26, of London pours a draft Sunday at Joe Kool's bar (595 Richmond St.). The bar is a hot hangout for the football crowd. Taylor dug out her New England Patriots jersey to represent during Super Bowl XLVI.

ANGELA MULLINS/METRO

▶ Brett Fisher, 19, of London poses for a photo Sunday with the ice cream cake he made for a Super Bowl party at his house. Fisher, an employee at Marble Slab Creamery (573 Richmond St.), said the big game is a chance for his friends to share a big meal and reconnect.

London Super Bowl fervour holds lessons for American living abroad

ANGELA MULLINS
@METRONEWS.CA

I grew up in Appalachia.

And lemme tell ya — we love us some football.

In my small hometown along the Mason-Dixon Line, gridiron matchups dominate — and trump — practically every aspect of life from late summer to mid-winter. Friendships are literally drawn on which pro and college teams you support. High school schedules are built around Friday-night frenzies on holy half-acres, complete with sprawling covered bleachers.

I'd always considered that a normal part of life until I started making my way north.

To me, at least, there's a line — somewhere around Toledo, Ohio — where pigskin devotion gives way to puck obsession.

Don't get me wrong, we Southerners — or Yanks as my Canadian mother-in-law so kindly puts it — have heard all about hockey. We know you Canucks like it, but, quite frankly, we don't care. Over the last decade, I've kinda just come to accept what's what — hockey's in, football's out. No harm, no foul. At least I thought that was the case (especially after the lack of fervour I saw during my first official Grey Cup as a Canadian resident).

With momentum for the Super Bowl mounting in recent days, I was caught somewhat off guard by London's interest in the whole thing.

When police issued a statement kindly asking people not to drink and drive, I brushed it off as officers doing their duty. Then, I started noticing all these Super Bowl food specials and party references from Londoners on Twitter. What really did me in was the gooey football-themed cupcakes I saw in a display case during my weekly Saturday outing at the Covent Garden Market.

At that point I had to ask: Bandwagon? Excuse for a party? Or is London a hub of closeted football fans?

I started asking those questions around downtown Sunday and got, one, a lot of perplexed looks, and, two, a plethora of eloquent expressions for a love of all things NFL.

Turns out, I'm the one who's been wrong all these years. Canadians, several people politely explained, also love a good show of shoulder-pad-crunching grit.

"It's not just Super Bowl," said Ashley Taylor, 26. "(We're) big football fans all year."

Be still my beating heart. This American feels a little more welcome in the Great White North.

Who needs diplomats? Here's to football bridging international bounds, eh?

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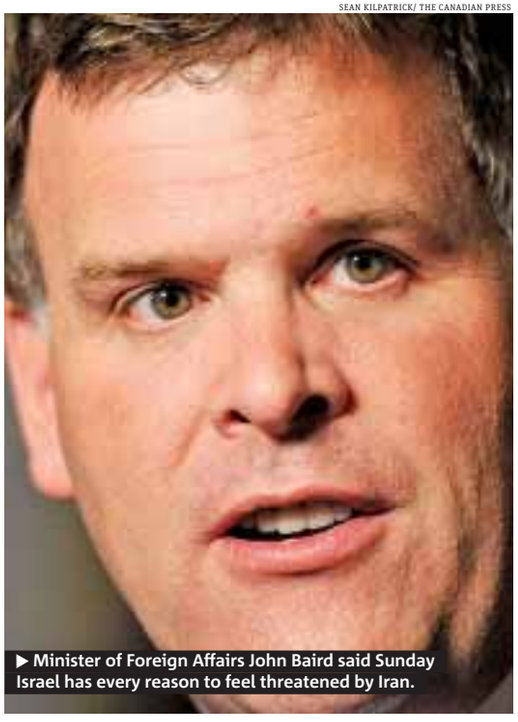
Baird defends Israel's Iran fears

SEAN KILPATRICK/ THE CANADIAN PRESS



▶ Minister of Foreign Affairs John Baird said Sunday Israel has every reason to feel threatened by Iran.

Minister: Israel has a right to feel threatened Refers to Mein Kampf

Foreign Affairs Minister John Baird invoked images of the Holocaust in defending the notion of possible Israeli military action against Iran.

Appearing on CTV's Question Period Sunday, he suggested the Jewish state has every right to feel threatened and pointed to recent comments by the Islamic republic's supreme leader, who vowed to remove a "cancer" from the Middle East.

Ayatollah Ali Khamenei, in a speech broadcast across Iran on Friday, also pledged to aid any nation or group that challenges Israel.

"Obviously you can understand why the Jewish people and why Israel would take him seriously," Baird said in an interview with the news program from Israel.

"Hitler wrote Mein Kampf more than a decade before he became chancellor of Germany. And they take these issues pretty seriously here."

THE CANADIAN PRESS

Heated words

Baird's comments added to the war of words over Iran's nuclear program.

- The deputy head of Iran's elite Revolutionary Guard, Hossein Salami, also warned that any country in the Middle East whose territory is used to launch a military strike will face retaliation.
- Salami was quoted as saying Tehran will use "retaliatory aggression" against neighbours if they aid in such an attack.

Waterloo still standing by RIM

The markets may be hitting Research in Motion hard after its most recent restructuring, but the community considered synonymous with the BlackBerry isn't letting bad news get it down.

RIM shares fell sharply after the company's recent announcement that co-CEOs Jim Balsillie and Mike Lazaridis were stepping down from their lead positions.

The shakeup followed a bad year that included 2,000 in layoffs as RIM lost consumers to the iPhone and the Android smartphones, especially in the United States, as well as operational problems and public relations gaffes.

That has left many wondering what RIM's seemingly cloudy future would mean for the region of Waterloo and Canada's so-called Technology Triangle, which experienced a boom after becoming the go-to place for technology companies.

Business and community leaders, however, say the mood hasn't soured in the southwestern Ontario city.

"RIM has spurred a lot of things in this community, I don't want to underestimate that," said Ian McLean, president of the local Chamber of Commerce. "But RIM has also settled here and grown up here because of the other things that Waterloo region has done to support it."

THE CANADIAN PRESS

ETHICAL DEBATE

Supreme Court to rule on HIV disclosure

Canada's highest court is set to hear arguments over whether it's a crime for people with HIV to keep their condition from their sexual partners if the risk of transmission is low.

Supreme Court justices are to hear two cases Wednesday that hinge on the obligations of those with the virus that causes AIDS.

Prosecutors argue people carrying HIV must always inform their partners regardless of the risks of transmission. That way, partners can decide if they want to run the risk of contracting the virus.

Advocates supporting people with HIV argue that such thinking criminalizes carriers of the virus and doesn't acknowledge the science that can determine the likelihood of transmission.

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Game. Face

▶ Supermodel Adriana Lima stars in an ad for florist company Teleflora that was set to launch during Super Bowl XLVI. Millions had already viewed the ad online prior to the game.

TELEFLORA/THE ASSOCIATED PRESS

Ads score big Bowl buzz

About 20 of the roughly 36 Super Bowl advertisers, eager to stand out during the big game, put their TV commercials online in the days leading up to Sunday's broadcast — a big break with tradition.

PM takes notice of sentencing controversy

Media reports that some pot growers will face harsher mandatory minimum sentences than child rapists under the Conservative government's new crime bill were enough to catch the attention of Prime Minister Stephen Harper.

A request by The Canadian Press for cabinet records on the controversial omnibus crime legislation turned up a single document — much of it blacked out under a broad, discretionary exemption in the Access to Information Act.

The Oct. 11, 2011, "memorandum for the prime minister" says its purpose was to inform Harper about the controversial sentencing provisions "in light of recent criticism in the media." It ends by stating that "additional analysis would be required if potential amendment proposals are deemed needed."

The memo followed two weeks of media reports sparked when a Vancouver Province columnist highlighted that under the new law, someone convicted of "growing 201 pot plants in a rental unit would receive a longer mandatory sentence than someone who rapes a toddler or forces a five-year-old to have sex with an animal."

THE CANADIAN PRESS

JEFF BARNARD/THE CANADIAN PRESS

▶ Media reports that some pot growers will face harsher sentences than child rapists under the omnibus crime bill were enough to catch the prime minister's attention.

Market moment

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GYM-GOERS GET A REAL WORKOUT

URBAN COMPASS

TODD DEVLIN
METRO LONDON

I'll admit I'm not as fit now as when I was a university athlete. Still, I assumed my semi-regular gym attendance had me in relatively good shape. That is, until I tried CrossFit and got a big wakeup call, one that I sorely needed (pun intended).

Sean Sinclair had a similar experience when he was first introduced to CrossFit three years ago.

"Overall, it was one of the hardest workouts I've ever done," he said. "It was supposed to be three rounds with one minute rest in between. But after each round, I needed a much longer break."

CrossFit was developed in the late 1990s, and its goals are ambitious. It's a strength-and-conditioning program that combines weightlifting, sprinting, gymnastics, powerlifting, kettlebell training, plyometrics, rowing and medicine-ball training to improve virtually every aspect of physical fitness.

"It's a strength and conditioning program that combines weightlifting, sprinting, gymnastics, powerlifting, kettlebell training, plyometrics, rowing, and medicine-ball training."

"It exposes your weaknesses and forces you to get better at everything, not just the workouts you like to do," said Sinclair, a lifelong athlete who still plays competitive baseball in the summer.

The number of affiliated CrossFit gyms grew from 18 in 2005 to almost 1,700 in 2010. Dave Henry opened CrossFit London four years ago, and, most recently, moved to a new facility on Bathurst Street downtown.

An army reserve, Henry was hooked immediately after a friend convinced him to go to California in the spring of 2007 for CrossFit training. Aside from the workouts themselves, he was also drawn to the CrossFit culture.

"There were all these high-level performers and no one had attitudes," he said. "Everyone was helpful and nice, and that was something that was so different from what I had experienced before."

Henry trained clients out of his garage for a year before moving into a gym and officially opening CrossFit London. Today, the club offers bootcamps and personal-training sessions, as well as 22 regular CrossFit classes weekly.

Henry says many of his clients, who range in age from 18 to 60, are "regular" gym-goers who have stopped seeing results from their normal workout routines or have soured on the atmosphere of other gyms.

"I'll pick apart what's holding someone back, and we'll smash through that plateau," he said. "Many of my members tell me this is the best part of their day. They work all day long, and this is their outlet."

To learn more about CrossFit London, visit crossfitlondon.ca.

Making lives better one apple pie at a time

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Everybody wants a piece of the pie. When the pies are this good, who can blame them?

Every second Wednesday, Dorothy Rodgers, 81, visits Parkwood Hospital to spend time with residents of the hospital's Veterans Care Program. And she doesn't come empty-handed.

For the past eight years, Rodgers, who is affectionately known as the "Pie Lady," has been bringing 10 apple pies with her.

"I'm always worried it won't be enough!" she says. The room is always full when she comes in with her pies, made solely of spy apples. But, for the Pie Lady, nothing leaves a better taste than the satisfaction of making her friends' day a little brighter. "It's so important what I'm doing. They're just like family," says Rodgers.

To volunteer at Parkwood, call 519-685-4050.

CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

ARNO BALZARINI/KEYSTONE/THE ASSOCIATED PRESS

Daily Zoom

Holding on for dear life

Riders literally dragged by horse

SWITZERLAND. First-place rider Fadri Casty, pulled by Bergonzi, centre, competes during the Skijoring Grand Prix Credit Suisse race on the frozen Lake of St. Moritz, during the first weekend of White Turf races in St. Moritz on Sunday.

The unique race, which combines skiing and horse racing, has been an annual event in the town since 1906. **THE ASSOCIATED PRESS**

ARNO BALZARINI/KEYSTONE/THE ASSOCIATED PRESS

Taking the sport to the lake

TRADITIONAL. The weekend also includes the Grand Prix American Airlines — a more traditional horse race, if you can call riding horses on a frozen lake traditional.

The participants ride nearly 2,000 metres across the snow and ice, which gives the annual races the name White Turf. The racing wraps up Feb. 19. **THE ASSOCIATED PRESS**

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A different kind of rom-com

Canadian indie director parlays web donations into rom-zom-com A Little Bit Zombie

HANDOUT

▶ Director Casey Walker, right, talks with cast and crew on the set of A Little Bit Zombie.

It was in 2006 that Thunder Bay, Ont.-native Casey Walker set out to make his first feature film and won over the web with his pitch to shoot an "unromantic comedy" for a million bucks.

A lot can change in five-plus years, including the idea for your film, and how much it'll cost to make it.

Walker eventually changed gears and decided to make his debut film a "rom-zom-com" called A Little Bit Zombie, which is getting its world premiere this weekend at the Victoria Film Festival. And while he initially nicknamed the project "my million dollar movie," it ended up costing just about double that.

The journey to create his first film actually dates back at least 10 years or so, when he started working on a script for his big-screen debut with another writer.

"We quickly discovered you can't make a movie in this country unless you've made a movie," said Walker.

Years later, inspired by a student's online campaign that collected donations to pay for his tuition, Walker set up mymilliondollar movie.com, asking for $10 pledges to help fund his movie.

The website was a hit, made international headlines and gave Walker the push he needed to seriously pursue the film — even if the campaign didn't pay for it entirely.

"We tried to raise a million dollars, that was the goal," he said.

"But we got $85,000 online, I put in personally another $275,000 and the rest came from tax credits and the Northern Ontario Heritage Fund Corporation," based on plans to shoot the film in Sudbury, Ont.

Walker went with the zombie theme after meeting with Christopher Bond (co-creator of Evil Dead, The Musical!) and Trevor Martin, who would become the writers for A Little Bit Zombie.

Kristopher Turner (The L.A. Complex, Instant Star) stars as mild-mannered nice guy Steve, who is engaged to raging bridezilla Tina, played by Crystal Lowe (Hot Tub Time Machine, Final Destination 3, Smallville). They're spending a weekend away in a country cabin when things start getting strange, shortly after Steve gets bitten by a mosquito.

That mosquito had just finished feasting on a zombie's blood before getting to Steve.

"The (writers) told me the one-sentence idea of what happens when a guy gets bitten by a zombie mosquito: he becomes a little bit zombie," said Walker, adding that the film is a fusion of multiple genres and not aimed at one demographic.

"We went for a broad audience ... this is a movie that if you don't love zombie movies, you're going to love, and if you love zombie movies you're going to love it. There's something there for everyone," he said.

THE CANADIAN PRESS

Viewing

▶ For those not in Victoria this weekend, A Little Bit Zombie is set to air on Movie Central and TMN (likely in the lead-up to Halloween) and before that it'll hit some theatres.

2 scene

Box office

Some unknown kids with superpowers have nudged out the world's most famous teen wizard at the weekend box office. Chronicle, featuring a relatively unknown cast as youths who gain telekinetic abilities, debuted as the No. 1 movie with $22 million. It edged out Harry Potter star Daniel Radcliffe's The Woman in Black.

THE ASSOCIATED PRESS

Mel Gibson, LA County sheriff listed as possible witness in deputy's discrimination case

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No more Butterbeers

22-year-old Daniel Radcliffe has already decided to give up drinking Says his breaking point came while working on the last Harry Potter films

ALL PHOTOS GETTY IMAGES

Daniel Radcliffe says he has a "very addictive personality."

Now that he's done being Harry Potter, Daniel Radcliffe is coming clean about wizarding under the influence.

"I can honestly say I never drank at work on Harry Potter. I went into work still drunk, but I never drank at work. I can point to many scenes where I'm just gone. Dead behind the eyes," Radcliffe says in an interview with Heat magazine.

"I have a very addictive personality. It was a problem. People with problems like that are very adept at hiding it. It was bad. I don't want to go into details, but I drank a lot and it was daily — I mean nightly."

We're happy to hear that Radcliffe, wise young man that he is, has since sobered up — allowing us to devise Harry Potter drinking games with a clear conscience.

Our personal golden snitch: A shot of him getting queasy on a broomstick and/or slurring his way through Parseltongue.

MONICA WEYMOUTH/DOROTHY ROBINSON WILL RETURN TUESDAY

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SUBMITTED

▶ One boy from the '80s adventure flick The Goonies was openly made fun of because of his weight, and even had the nickname Chunk.

Is it OK to call a fat kid fat?

Maybe, if it prevents obesity later, says our Mommyish writer

A new study refutes the link between childhood obesity and junk food in schools. The epidemic, it says, is rooted closer to home than we thought. And with one in three kids overweight or obese (in the U.S., at least), it can't just be blamed on a few negligent parents. Well-meaning moms and dads are part of the problem, too.

That's because, in an attempt to bolster their kids self-esteem by avoiding fat-talk, many have become too afraid to speak plainly and frankly about what is and isn't a healthy body weight.

But putting blinders on isn't going to make the problem go away — or make kids feel any better.

Dr. David Katz of the MindStream Academy in South Carolina, a health and wellness boarding school, has an opinion shared by many: "Never send your kids the message that they need to lose weight, get thinner, drop pounds, look better, etc.," he said, "If you do, they'll still develop unhealthy attitudes even if you never so much as utter the d-word. Instead, always frame your message in terms of your kids feeling better about themselves, having more energy, becoming healthier and happier. These are sustainable goals that won't damage your child's self-esteem."

As someone who was overweight as a kid (I even wrote about how I wished my parents had put me on a diet when I was young), I can attest that if my parents hadn't been afraid of hurting my feelings and talked to me honestly about weight loss, I'm fairly sure I would have been better off. Their frankness about my health would have been a lot easier to bear than the teasing of kids and the angry voices in my own head about my body.

That's the tricky part: Kids may not tell you that they feel terrible about their body because they're overweight. But the truth is that few overweight or obese kids are unaware that they're bigger than their peers.

Here's a stat worth remembering: 75 per cent of parents ignore or don't realize that their overweight kids are getting made fun of, and feel bad about themselves, according to Strong4Life, an anti-obesity organization.

I assure you, being the fat kid in class is worse than your mother telling you that fruit is a better snack choice than chips. **CONTRIBUTED BY HANNA BROOKS OLSEN, OF BLISSTREE.COM AND MOMMYISH.COM**

3 life

Fitness tax credit

Did you know registering your children in physical activities may save you money this tax season?

The children's fitness tax credit may allow you to claim up to $500 of the fees you spend on eligible activities.

This gives you a non-refundable tax credit of up to $75 per child, which could help equip your sports star.

Visit cra.gc.ca/fitness. **NEWS CANADA**

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Available in Android Market

Available on the App Store

Dip into the water

Dried mushrooms offer a woodsy flavour to fish, and brown butter sauce gives this dish a nice finish

EMILY RICHARDS

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

For this recipe, you will find dried mushrooms in the produce section of the grocery store.

A gingery garlic zing matches nicely with the spinach, which you can serve up as a side dish for this and many other meals.

Porcini-Dusted Fish and Spinach

This recipe makes four servings.

Fish Preparation:

1. In clean coffee grinder, grind mushrooms until fine powder. Place in small bowl and add finely chopped coriander; set aside.
2. Coat each piece of fish with mushroom mixture and place in baking dish.
3. Sprinkle fish with salt. In skillet, melt 2 tbsp (25 mL) of butter over medium-high heat until just starting to brown. Add fish, skin side down, if any, and cook 3 mins. Transfer to parchment paper lined baking sheet and roast in 425ºF (220ºC) oven for 10 mins. or until fish is opaque and flakes easily.
4. Return skillet to medium high heat with remaining butter and melt, until foamy. Drizzle over fish.

Spinach Skillet Side Preparation:

1. In skillet, heat oil over medium heat and cook garlic and minced ginger, stirring 2 mins. or until softened.
2. Add spinach and cook, stirring for about 5 minutes or until spinach is wilted.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

Fish

- 1 pkg (14 g) dried wild mushrooms, such as porcini
- 1 tbsp (15 mL) coriander
- 1 ½ lbs (750 g) fresh fish fillets such as cod or trout
- 1/2 tsp (2 mL) kosher salt
- 3 tbsp (45 mL) butter

Spinach

- 1 tbsp (15 mL) canola oil
- 2 cloves garlic, minced
- 1 tbsp (15 mL) ginger
- 1 bag (8 oz/227 g) spinach

Want to get rid of junk mail?

Canada Post is trying to help you do that And they're working to reduce mail's carbon footprint, too

BEN KNIGHT
LIFE@METRONEWS.CA

Canada Post is greening up its act.

Canada Post is greening up its act. That means the environmental footprint of all your letters and packages is being reduced, as is the carbon cost of all that junk mail.

"We travel about 80 million kilometers every year," says Anick Losier, director of media relations for Canada Post. "We're in every single community in Canada. We have three times as many postal counters as there are Tim Hortons."

For the past three years, Canada's national postal service has been working to reduce its significant greenhouse-gas emissions by 20 per cent by the end of this decade.

"We're using more environmentally-friendly vehicles, and are testing a fully electric vehicle to see how it can fit in Canadian winters," Losier explains. "This is already producing some significant results, just in the past year or so. We've seen about a five per cent reduction in greenhouse gas emissions."

There's also a massive, nationwide overhaul of the company's infrastructure. Old, outdated facilities are being closed, and new, LEED-certified buildings are taking their place.

Paperless transactions are being encouraged as well.

"We were the first out of the gate, 10 years ago, with ePost," says Losier, referring to Canada Post's online bill-payment service. "People wanted to be more green and were seeking alternatives to paper. Now we've got 2.8 million users monthly."

But when many Canadians go to their mailboxes, most of what we receive is advertising. A significant portion is thrown out immediately — and not all of it gets recycled. How can that environmental impact be eased?

"People who do not want to have the flyers — what we call Ad Mail — can register on our website for the Consumer's Choice program," she says. "They will be on a list when the letter carrier delivers your mail, and will not receive flyers."

The program has been available for 10 years, but remains unpopular.

"We only see about six per cent of Canadians registering for it," Losier notes. "It was designed to offer alternatives to Canadians. We know that they want to be more environmentally friendly. We want to make sure that they know we understand how important it is to them."

52.2%

If you think that more than half your mail is advertising, you're correct. Canada Post delivered 5.4 billion pieces of direct-marketing ad mail in 2010 – 52.2 per cent of all letters, packages and other items they handled.

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Canine made a career out of kindness

How a playful puppy found his calling in caring for others and taught humans a lesson in unconditional love

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

When Charmaine Hammond and her husband, Chris, adopted Toby, a five-year-old retriever, they had no idea they had acquired a four-legged demolition dog with separation issues.

"Toby impacted people around the world and his mission is so important that we must continue it."
MARY MORASSUTTI

After their home was repeatedly ripped apart it was determined that Toby needed a job. Charmaine enrolled him in pet therapy training and it became a turning point for Toby as he began ministering love and companionship to people with mental illnesses. Toby had found his purpose.

For five years Toby faithfully looked after Charmaine and Chris, ministered to his patients and visited 10,000 school children to promote literacy and kindness. Charmaine wrote a book about her adventures with Toby and it's currently in development in Hollywood to be turned into a movie.

▶ Corporate trainer, speaker and best-selling author Charmaine Hammond with her award-winning pet therapy dog, Toby.

Last December, Toby passed away peacefully, but in his memory Charmaine is launching a new initiative to coincide with February Random Acts of Kindness month.

"Toby impacted people around the world and his mission is so important that we must continue it."

Toby's Global Kindness Mission will launch on February 14th — the day of love.

How fitting for a determined dog that left an indelible paw print on so many hearts.

Lessons I learned from Toby

Charmaine Hammond shares her thoughts on a dynamic dog

- **Perseverance and Commitment.** Toby never gave up.
- **Hope.** In the most difficult of days hope carries you through.
- **The power of kindness.** I would watch Toby connect with people and it was such a beautiful, deep sharing of kindness.
- **Unconditional acceptance.** He never judged, and always accepted people for who they were and where they were at that moment.

To find out more about Toby's Global Kindness Mission, go to ontobysterms.com.

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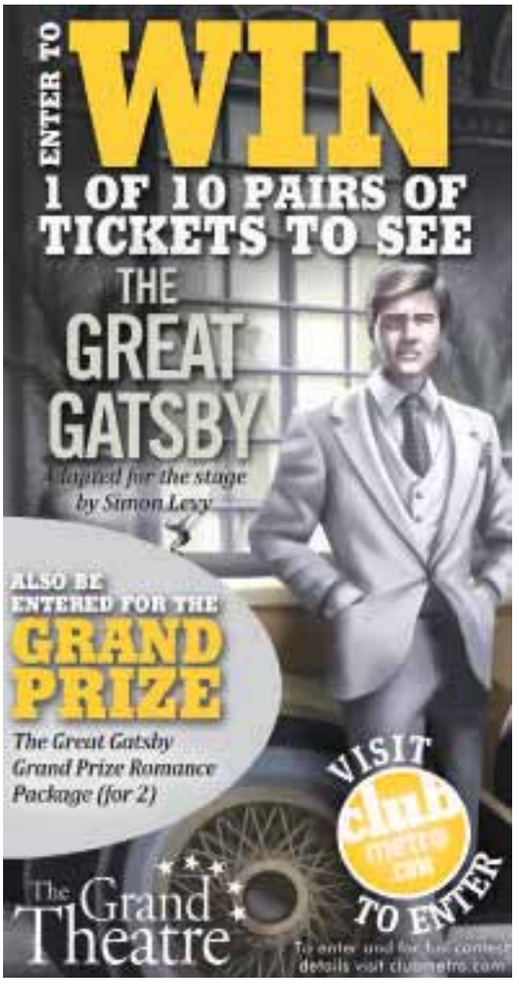
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Eli drives Giants to greatness

New York wins Super Bowl on last-minute touchdown from Bradshaw ◗ Patriots come up short in the big game vs. Giants for second time in four years ◗ Manning named game MVP

GIANTS	PATRIOTS
21	17

JEFF GROSS/GETTY IMAGES

▶ The New York Giants celebrate in front of New England Patriots QB Tom Brady after winning the Super Bowl in Indianapolis on Sunday night

Eli Manning and the Giants one-upped Tom Brady and the Patriots again, coming back with a last-minute touchdown to beat New England 21-17 Sunday night for New York's fourth Super Bowl title.

It was a rematch of the 2008 NFL championship, when Manning led New York past New England to ruin the Patriots' bid for a perfect season.

This was the first Super Bowl with two starting quarterbacks who previously won the big game's MVP award — and they took turns being brilliant. Manning became the first QB to open a Super Bowl with nine consecutive completions. Later, Brady put together a run of 16 completions in a row, breaking another Super Bowl mark.

But in the end, it was Manning — who was selected as the MVP — who directed the nine-play, 88-yard drive that put New York ahead.

Ahmad Bradshaw capped the winning drive with a six-yard run up the middle. He stopped at the one-yard line, turned around and showboated his way into the end zone.

Less than a minute later it came down to one last play, when Brady's long heave into the end zone fell incomplete among a maze of players.

New England had the ball for all of one play in the first 11 ½ minutes, and that play was an utter failure, a rare poor decision by Brady. After Steve Weatherford's punt was downed at the New England six, Brady dropped to pass in the end zone and had time. With everyone covered and Giants defensive end Justin Tuck finally coming free to provide pressure, Brady heaved the ball downfield while still in the pocket.

Only problem: No Patriots receivers were anywhere near the pass. The Giants were awarded a safety for Brady's grounding in the end zone.

Manning, meanwhile, couldn't have been more on target early, hitting six receivers in the first period, completing his first nine throws, a Super Bowl record. He also was aided by Bradshaw, who hardly looked like a running back with a bad foot. Bradshaw broke a 24-yard run, and New England made another critical mistake by having 12 men on the field on a third-and-3 on which the Giants fumbled.

Instead, New York got a first down at the six, and two plays later Victor Cruz beat James Ihedigbo on a slant to make it 9-0.

Manning's first incompletion didn't come until 1:19 into the second quarter. **THE ASSOCIATED PRESS**

4 sports

Quoted

"I think I'm pretty much booed at every arena, wouldn't you say? Even before anything happened?"

BOSTON GOALIE TIM THOMAS, WHO WAS BOOED BEFORE THE BRUINS' 4-1 WIN OVER THE CAPITALS IN WASHINGTON ON SUNDAY. THOMAS MADE 35 SAVES PLAYING ABOUT 10 BLOCKS FROM THE WHITE HOUSE, A PLACE HE FAMOUSLY AVOIDED WHEN THE REIGNING STANLEY CUP CHAMPIONS WERE HONOURED BY PRESIDENT BARACK OBAMA ON JAN. 23.

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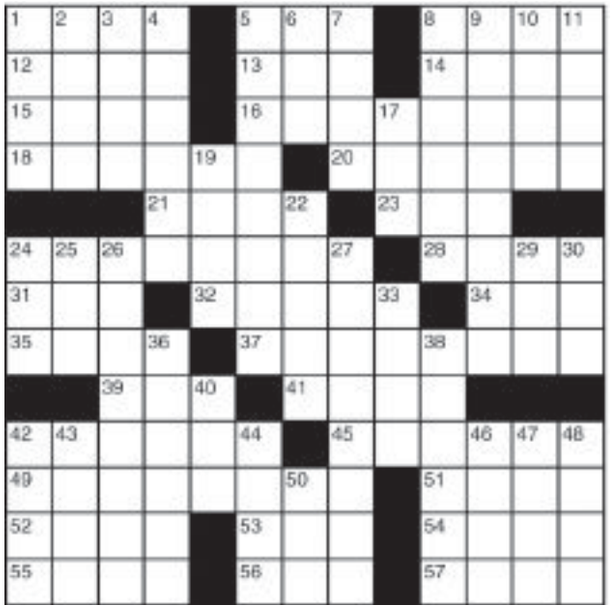

Across

1 Player of old 45s
5 Small barrel
8 Rotate
12 Thing
13 Romano or Liotta
14 Choir voice
15 Wound cover
16 Incoming flights
18 Horror movie reaction
20 With uniformity
21 Boast
23 Big laugh
24 In handcuffs, maybe
28 Tower city of Italy
31 Debt letters
32 Gin and —
34 Convent person
35 Give temporarily
37 Set up
39 Neighbour of Kan.
41 Architect Saarinen
42 Short coat
45 OPEC, for one
49 Over-bearingly proud
51 Bamako's land
52 Warm and cozy
53 Hair salon application
54 "Woe is me!"
55 Enlivens, with "up"
56 Pigpen
57 Period after Mardi Gras

Down

1 Greet the villain
2 Need to scratch
3 "— Factor"
4 Drink to excess
5 Indo-nesian volcano
6 Listening organ
7 Move in a spiral
8 Prepare for a big purchase
9 Recent fad
10 "— have to do"
11 Inquisitive
17 Wall climber
19 Formerly, formerly
22 Literary category
24 Have a bug
25 Fish eggs
26 Second-place contestant
27 Without detouring
29 Take to court
30 Moreover
33 Irene of "Fame"
36 Clears the windshield, in a way
38 Standard
40 Plead
42 Grate
43 Sea eagle
44 Tatters
46 Story
47 Verve
48 Roster
50 Butterfly catcher

▶ Friday's answer

Sudoku

2			8					
1	3			6				
		8				9	6	
	7		4		3			5
4			2		7			8
5			9		6		2	
	8	5				7		
				9			3	2
					4			6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

9	4	8	6	2	7	5	3	1
3	5	7	1	9	8	6	2	4
2	1	6	3	5	4	7	9	8
6	9	1	2	7	3	8	4	5
7	2	4	8	6	5	3	1	9
5	8	3	9	4	1	2	6	7
8	7	9	4	3	6	1	5	2
4	3	5	7	1	2	9	8	6
1	6	2	5	8	9	4	7	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Sorry for everything I tried million times to say sorry,i just can't help my imagnations. I dreamed come over to you again and again. Very sorry for myself and for your for everything i did so stupid. I mixed up the person and the things always. sorry and i swear never bother you intent to call you text you anymore ok.
FROM I SHOULD KNOW

suga is this more than you bargined for yet.....isnt it messed how im just dying to meet him. Drop a heart,, break a name.
FROM SOUR

ZANDAN love is kind ,, started of this year and i didnt think i be falling for you now,,,<3<3
FROM LORI

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Someone you usually get along with will be a bit of a pain today, and maybe tomorrow too.

♉ Taurus April 21-May 21
If you reach for something too quickly today you may find that it slips from your grasp.

♊ Gemini May 22-June 21
You may have to sacrifice your own needs today as a partner or loved one demands that you spend more time with them.

♋ Cancer June 22-July 22 You may find that family and friends are no longer as supportive as they once were but it's no big deal so don't get excited.

♌ Leo July 23-Aug.23
It may seem as if certain people have got it in for you but have they really or is it your mind playing tricks on you?

♍ Virgo Aug. 24- Sept. 22
It's hard not to be suspicious, especially when all the evidence suggests that a colleague is trying to get ahead at your expense.

♎ Libra Sept. 23-Oct. 23
If you want someone to follow your instructions today you will have to use charm rather than coercion.

♏ Scorpio Oct. 24-Nov. 22
Take care that in trying to find a solution to one problem you don't create more problems.

♐ Sagittarius Nov. 23-Dec. 21 You are in a generous mood and will do almost anything for almost anyone who needs your help.

♑ Capricorn Dec. 22-Jan. 20
The full moon will pull you in different directions over the next 48 hours.

♒ Aquarius Jan. 21-Feb. 18
You will be somewhat impulsive today and tomorrow, especially where affairs of the heart are concerned.

♓ Pisces Feb. 19-March 20
Someone in authority will flex their muscles today.

SALLY BROMPTON

Caption contest

AJIT SOLANKI/THE ASSOCIATED PRESS

UZAY HACAOGLU/THE ASSOCIATED PRESS

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